

## CLAIMS

What is claimed is:

1. An assembly comprising:  
at least one guide rail having at least one braking groove; and  
a slide movable in said guide rail, said slide having at least one braking element engageable in said at least one braking groove, a swivel pin pivotable about an axis, a sliding segment, and a support element supported on said guide rail to force said at least one braking element into said at least one braking groove.
2. The assembly as recited in Claim 1, wherein said support element and said sliding segment are joined by a plate spring.
3. The assembly as recited in Claim 1, wherein said support element and said slide are joined by an elastically flexible arm.
4. The assembly as recited in Claim 1, wherein said at least one guide rail comprises two braking grooves, and said slide includes two braking elements which each engage in one of said two braking grooves.
5. The assembly as recited in Claim 4, wherein said two braking elements are elastically pressed apart when forced into said two braking grooves.
6. The assembly as recited in Claim 1, wherein said swivel pin extends outwardly from said guide rail.
7. The assembly as recited in Claim 6, further including a cross bar attached to said swivel pin.
8. The assembly as recited in Claim 7, further including two guide rails and two slides, and each of said two guide rails has one of said two slides, and said cross bar extends between said two slides.
9. The assembly as recited in Claim 8, further including a handle attached to said cross bar.

10. The assembly as recited in Claim 1, wherein said assembly is used in a shade system.

11. The assembly as recited in Claim 10, wherein said shade system is one of a roll-up shade and a sliding sunroof.

12. The assembly as recited in Claim 3, wherein said support element, said slide, and said arm are connected together as a single unit.

13. The assembly as recited in Claim 1, wherein said slide is plastic.

14. The assembly as recited in Claim 1, wherein said at least one braking element is in said at least one braking groove when the assembly is in a non-moveable position, and said at least one braking element is not in said at least one braking groove when the assembly is in a moveable position.

15. The assembly as recited in Claim 14, wherein said slide pivots about said axis of said swivel pin to move said slide between said moveable position and said non-moveable position.

16. A method of moving a slide in a guide rail comprising the steps of:
- pivoting said slide in a first direction to remove at least one braking element of said slide from at least one braking groove of said guide rail;
  - moving said slide in said guide rail; and
  - pivoting said slide in a second direction opposite to said first direction to engage said at least one braking element of said slide from said at least one braking groove of said guide rail.